


















LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 - 10.00 SPINNING Jean-Philippe 	9.00 - 10.00 YOGA SANTE & VITALITE Heath & Vitality Andy	9.00 - 10.00 AQUAGYM Anthony 	9.00 - 10.00 BODYSULPT Anna 	9.00 - 10.00 PILATES Anna	9.00 - 10.00 BODYSULPT Anthony 	09.00 - 10.00 MOBILITE Mobility Anthony
10.00 - 11.00 HATHA YOGA Anna	10.00 - 11.00 YOGA RELAXATION & MEDITATION Andy	10.00 - 11.00 STEP Anthony 	10.00 - 11.00 QI GONG Marie-Elisabeth	10.00 - 10.45 AQUAGYM Anna 	10.00 - 11.00 STRETCHING Anthony	10.00 - 10.45 AQUAGYM Anthony 
11.15 - 12.15 CIRCUIT TRAINING Anna 		11.00 - 12.00 STRETCHING Anthony	11.15 - 12.00 AQUAGYM Anna 	11.00 - 12.00 CIRCUIT TRAINING Anna 		11.00 - 12.00 CIRCUIT TRAINING Anthony 
18.30 - 19.30 SPIN ATHLETE Anthony 	17.30 - 18.30 BURN Anthony 	12.30 - 13.30 SPIN ATHLETE Anthony 	18.00 - 18.45 AQUAGYM Anna 	12.15 - 13.00 STRETCHING Anna		
	18.30 - 19.30 MOBILITE Mobility Anthony	17h30-18.30 BULKING CLUB Anthony 	19.00 - 19.45 SPINNING Anna 			
		18.30 - 19.00 STRETCHING Anthony				

Nos cours durent 50 minutes (ou 45 min pour l'aquagym). Qu'importe votre niveau, vous êtes les bienvenus !

The classes last 50 minutes (or 45 minutes for the aquagym). Anyone is welcome to all our classes! Feel free to join us!

L'équipe du Fitness se réserve le droit de modifier le planning si nécessaire. – This fitness planning can be amended anytime by the fitness team.